

Week by Week Printable Meal Plan – May 2022

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Week #1: May 1-7

S – [Sweet & Spicy Stir-fry](#) over brown rice (E) ***I'm doubling this recipe for my family size.

M – Cancun Chicken over cauli rice (FP) pg. 117 in [Trim Healthy Future](#)

T – [IP Kielbasa & Cabbage](#) with a side salad (S)

W – [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side (S)

Th – Taco Salad – [ground beef](#), lettuce, cheddar cheese, sour cream and salsa (S)

F – Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Sat – Cowboy Grub (E) pg. 59 in [THM Cookbook](#)

Week #2: May 8-14

S – Egg Roll in a Bow Part Deux over brown rice (E) pg. 63 in [Trim Healthy Table](#)

M – [Low Carb Beef and Cheese Enchiladas](#) with lettuce and sour cream on the side (S)

T – [Slow Cooker Chicken and Quinoa Chili](#) (E)

W – Spaghetti meat sauce over cauli rice and with a side salad (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

Th – Ranch Hand Taco Salad (E) pg. 200 in [Trim Healthy Table](#)

F – Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Sat – Grilled burgers wrapped in lettuce with [Crunchy and Tangy Bacon Coleslaw](#) on the side (S)

Week #3: May 15-21

S – Coconut Thai Chicken over zoodles (S) pg. 45 in [THM Cookbook](#)

M – Burrito Bowls – black beans, [Brown Spanish Rice](#) and topped with lettuce and salsa (E)

T – [Salsa Verde Chicken](#) over salad (FP)

W -World's Laziest Lasagna Skillet with broccoli on the side (S) pg. 69 in [Trim Healthy Table](#)

Th – Smoked Sausage Salad (S) pg. 203 in [Trim Healthy Table](#)

F – [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

Sat – [Creamy Chicken Rice Casserole](#) (E)

Week #4: May 22-28

S – Chicken Fried Double Rice (E) pg. 53 in [Trim Healthy Table](#)

M – [Zesty Salsa Chicken and Black Bean Casserole](#) (E)

T – Crockpot Buffalo Chicken over salad (S) pg. 92 in [Trim Healthy Table](#)

W – [Italian White Bean and Spinach Soup](#) (E)

Th – Trim Mac Salad (S) pg. 181 in [THM Cookbook](#)

F – [Fathead Pizza](#) (S) ***I double the recipe for my family to make 2 pizzas. I use pepperoni, mozzarella, onion and green pepper for the toppings.

Sat – Beef & Veggie Skillet with broccoli on the side (S) pg. 130 in [Trim Healthy Future](#)

Week #5: May 29 - June 4

S – Egg Roll in Bowl (S) pg. 62 in [THM Cookbook](#)

M – [Lovin' Tex Mex Skillet](#) (E)

T – [Mississippi Pot Roast](#) with [roasted veggies](#) (S) **I'm using broccoli and cauliflower for the roasted veggies.

W – Spaghetti meat sauce over cauli rice and with a side salad (S) ***My family will eat their spaghetti over regular pasta. This is NOT reflected on the shopping list.

Th – Grand Greek Salad (S) pg. 183 in [THM Cookbook](#)

F – Easy Pizza Casserole (S) pg. 126 in [Trim Healthy Table](#)

Sat – Grilled chicken with [Colorful Lentil Salad](#) with green beans on the side (E)